

# Community Garden News

## City of Loma Linda

May 2004

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

### May Is the Time To Plant Your Summer Produce!

#### Transplant

- cucumbers, eggplant, melon, pepper, and tomatoes

#### Sow

- lima and snap beans, okra, and squash

### May Events Calendar

#### May 18th

- Nutrition by the Decades 50's, 60's, 70's, 80's and 90's Senior Center  
11:30 am—12:30 pm

#### May 26th

- Nutrition Workshop and Cooking Demonstration Senior Center  
1:00—2:15

Garden hours  
are dawn 'til  
dusk



### The Hot Facts About Chili Peppers



#### What makes Chile peppers hot?

A chemical called Capsaicin

#### How is the heat of Chile peppers measured?

A scale was devised by Wilber Scoville in 1912 to measure the level of Capsaicin in Chile peppers the following levels are...

<u>Pepper</u>	<u>Capsaicin Heat Level</u>
Sweet Peppers	0
Jalapeno	2500-8000
Serrano	8,000-22,000
Tabasco and Cayenne	30,000—50,000
Thai	50,000-100,000
Red Savina Habanero	350,000—577,000

#### What is the best way to remedy a burning tongue from eating too much Chile?

Drink milk or eat ice cream because the protein in dairy washes away capsaicin like soap washes away grease

#### Do Peppers Have Nutritional Value?

Yes, for example 1 jalapeno pepper contains:

**20** calories, **10 mg** of sodium, **3 g** of carbohydrate,

**1 g** of protein, **80%** Vitamin A, and a whopping **170%** Vitamin C

### A "Corny Tater" Joke:

Why do potatoes make good detectives?  
Because they keep their eyes peeled.

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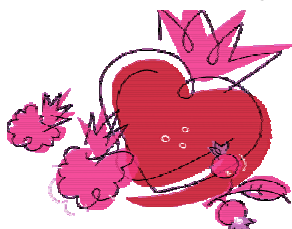
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## The Strawberry:



The Romans prized wild strawberries for their medicinal properties. Ounce for ounce, strawberries have more Vitamin C than citrus fruit. According to the American Cancer Society, foods rich in Vitamin C may lower the risk of cancers of the gastrointestinal tract.

**1 cup contains...**  
50 Calories

3.81 grams Dietary Fiber  
23.24 mg Calcium  
94.12 mg Vitamin C  
29.38 mcg Folate  
44.82 IU Vitamin A

## Nutrition Workshop Covers the Facts about Fat



Left: MPH student  
Lisa Griffith-Forde  
with daughters  
Right: MPH student  
Kari Davis

This past Wednesday was the final workshop in a series on the “Role of Nutrition in Heart Disease Prevention”. Loma Linda University School of Public Health Students presented “All About Fats” in the community room. Topics that were discussed included information about the different types of fats which includes: saturated fat, polyunsaturated fat, monounsaturated fat and trans fat. It was recommended by presenter Setereh Torabian to eat more monounsaturated fat which is found in foods such as: Olive Oil, Canola Oil, Nuts, Olives, Avocados, and Fish. Food Demonstrator Lisa Griffith-Forde showed us how to make

low-fat dip recipes with tofu which is an excellent replacement to typical high fat and high trans fat dips. Trans fats are also in foods such as butter, bacon, eggs, croissant, muffins, and potato chips. Products low in trans fat include light soft margarine, canadian bacon, egg whites or egg beaters, french roll, bagels, and pretzels.

Watch for the upcoming May workshops with new topics and recipes.



Lisa Griffith-Forde  
blending up the  
roasted-bell  
pepper dip

## All White Bean Salad ~ Serves 4

1 cup cannellini beans, rinsed, drained  
1 cup navy beans, rinsed, drained  
1/2 cup minced green onions  
1/2 cup minced italian parsley  
1/4 cup minced celery  
2 tbsp balsamic vinegar  
1 tbsp olive oil  
Freshly-ground black pepper, to taste

### Directions:

Combine all ingredients in a salad bowl and refrigerate for several hours.

**Nutrition Facts:** Calories 172; Calories from Fat 36; Total Fat 4g;  
Saturated Fat 1g; Cholesterol 0mg; Sodium 209mg; Carbohydrate 27g;  
Dietary Fiber 7g; Sugars 4g; Protein 8g.